



*Instructor: Peggy Kubala*

## Lifeguard Training

The City of Sumter Aquatics Center will offer a lifeguard class for individuals 16 years and older. Students must have good swimming skills including knowledge of front crawl and breast stroke. Learning the proper techniques for making water rescues, CPR for the Professional Rescuer, AED training, and First Aid are all a part of this class. After successful completion of this course you will be certified in American Red Cross Lifeguarding.

A Swim Test is  
**REQUIRED**  
For All Who  
Want to Take This Class

Cost is \$90  
Per Person



Registration Forms are available online or  
at the City of Sumter Aquatic Center  
Beginning March 27, 3:30-5:30PM  
Monday through Friday

Class Times Are  
4pm-6:30pm

Session I : April 13—April 23  
Session II: April 27-May 7  
Session III : May 10 May 21  
Session IV : May 24-June 4  
Session V: June 7--June 18  
Session VI: June 21—July 2  
Session VII: July 12—July 23

*Lined Swim Suits Required For All Swimmers*

For more information call : 774-3998

.....

- 11 0

---

1000

---

---

1. *Journal of the American Medical Association*, 1997; 278: 1039-1044.

[illegible]